



Patient information: ocular oncology service

# Going home after radioactive eye plaque surgery

You will have received this leaflet following your recent treatment with a radioactive eye plaque. The following information is designed to answer any questions that you might have after undergoing this treatment.

You will be sent home with your eye covered with a patch. Please keep the patch in place until the morning after your surgery.

## Eye drops

The drops are used to prevent infection and reduce inflammation after surgery. You will be taught how to use them before you leave the ward.

Please instil the eye drops as instructed. If you run out of drops, please contact your GP. If you are having difficulty using the drops, you may be able to get an eye drop compliance aid from the pharmacy or chemist to help. It may also be possible to arrange for district nurses to come in and assist you - please contact your GP for this. You will be seen in clinic or have a telephone appointment approximately four to six weeks following discharge.

## Cleaning your eye

In the first week following surgery, you may find that your eye feels quite sticky, particularly in the morning when you remove the eye shield.

Gently clean your eye with some saline or cool boiled water and gauze/swabs. Saline can be made up as follows at home: Boil one cup of water with a pinch of salt, let it cool down before cleaning. You will need to make fresh saline each time.

Saline water and swabs are also available to purchase from your local chemist.

Wash your hands and using some moistened swabs, gently wipe along the lashes, from your nose outwards. It is important that you use a clean piece of gauze/swab each time you wipe.

## Side effects and what to expect

Once the radioactive plaque is removed, there is no radiation in your body, on your clothing or personal belongings. However, you may experience the following side effects:

This information can be made available in alternative formats, such as easy read or large print on request. Please call PALS: 020 7566 2324/ 020 7566 2325

- your eye may be red for several weeks after surgery.
- you may experience double vision or floaters which will usually correct itself over time.
- your eye may become sore due to stitches in the eye, these will slowly dissolve over a period of a few weeks.
- one of the eye drops that you are taking, Cyclopentolate, will dilate your pupil and blur your vision for approximately two weeks.

- Angela Edgar : **020 7253 3411 ext 2267**

**If you have any medical concerns, please contact the ward or the ocular oncology clinical nurse specialists (CNS).** Please note that they may be in clinic at the time and so will respond to your query when they can.

- Sinead Hanrahan: **07711 765 371 ( Monday-Thursday)**
- Nana Gyasi-Twum: **07885 447 138 ( Tuesday, Thursday, Friday)**

### Resuming normal activities

You will be given a hard patch to wear at night for the first 10 days following your discharge from hospital. To prevent the risk of infection, please avoid rubbing your eye.

You can wash your hair, watch TV and go out in the first two weeks after leaving hospital, but it is best to avoid lifting or any strenuous activities during this period. You can resume normal activities and return to work two to four weeks after leaving hospital.

### If you need to change or reschedule your follow-up appointment

Please call **020 7566 2357** and choose option 3 for oncology.

### For non-medical queries, please contact our ocular oncology medical secretaries

- Pamela Jackson : **020 7253 3411 ext 4872**

### Nurse counsellors

If you are finding it difficult to come to terms with your diagnosis and the treatment that you require, you may find it helpful to speak to one of our nurse counsellors based at Moorfields City Road. Counselling provides an opportunity to talk things through, allowing you the time to explore your thoughts and feelings and to make sense of the way you feel. The counsellors are based in City Road and are able to offer confidential, face-to-face counselling to all adult patients over the age of 18yrs. The service is available Monday to Friday 9-5pm.

### Contact details:

**Email:** moorfields.referralscounselling@nhs.net

**Phone:** 020 7566 2385.

You may need to leave a voicemail but please do not worry as this line is confidential. It is helpful to keep the



message short and clear, including your contact details.

**Your clinician can also refer you to the counselling service.** If we are not able to help, we will be able to talk things through with you or point you in the direction of alternative support.

**Eye clinic liaison officers (ECLOs) -** Eye clinic liaison officers (ECLOs) are available at Moorfields Eye Hospital in City Road to assist those living with sight loss. This includes patients, their relatives and carers. For more information about ECLO services at City Road, please ask a member of staff for an information leaflet, these are also available at the health hub, located at the main entrance of the hospital. Phone: 020 7566 2355 or email: [moorfields.cityroadECLO@nhs.net](mailto:moorfields.cityroadECLO@nhs.net)

### **In need of urgent help?**

If you are feeling very **distressed, despairing or suicidal and need immediate help**, please contact your GP and ask for an emergency appointment. If your GP is closed, please consider calling the national non-emergency number 111.

You can also go to your nearest Accident and Emergency (A&E) department where a mental health practitioner will be able to assess you and give you appropriate help.

**Other sources of support available:**  
**Macmillan Cancer Support**  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

Tel: 0808 808 00 00

Macmillan provide practical, medical and financial support and advice for people going through cancer.

### **Changing Faces**

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)

General enquiries tel: 0845 4500 275  
Support service helpline: 0300 012 0275

A charity for people and their families who are living with conditions, marks or scars that affect their appearance.

### **Maggies Cancer Support Service**

St Bartholomew's Hospital

London or your local centre can be found at: [www.maggiescentres.org](http://www.maggiescentres.org)

### **Certificate of Visual Impairment (CVI)**

Information about sight loss and registration.

Phone: 0207 566 2355

### **Mental health support -Samaritans**

A free 24 hour helpline for anyone in mental distress.

Phone: 116 123 or email:

[jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

### **MIND**

Provides mental health information, advice, counselling and advocacy.

Phone:0300 123 3393 or email:

[info@mind.org.uk](mailto:info@mind.org.uk)

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City Road, London EC1V 2PD  
Phone: 020 7253 3411  
[www.moorfields.nhs.uk](http://www.moorfields.nhs.uk)

more information about your rights  
under the NHS constitution, visit  
[www.nhs.uk/choiceinthenhs](http://www.nhs.uk/choiceinthenhs)

**Moorfields Direct telephone helpline**

Phone: 020 7566 2345  
Monday-Friday, 8.30am-9pm  
Saturday, 9am-5pm  
Information and advice on eye  
conditions and treatments from  
experienced ophthalmic-trained nurses.

**Patient advice and liaison service  
(PALS)**

Phone: 020 7566 2324 or 020 7566  
2325  
Email: [moorfields.pals@nhs.net](mailto:moorfields.pals@nhs.net)  
Moorfields' PALS team provides  
confidential advice and support to help  
you with any concerns you may have  
about the care we provide, guiding you  
through the different services available  
at Moorfields. The PALS team can also  
advise you on how to make a  
complaint.

**Your right to treatment within 18  
weeks**

Under the NHS constitution, all patients  
have the right to begin consultant-led  
treatment within 18 weeks of being  
referred by their GP. Moorfields is  
committed to fulfilling this right, but if  
you feel that we have failed to do so,  
please contact our patient advice and  
liaison service (PALS) who will be able  
to advise you further (see above). For

